

- What else should my dentist or physician and I consider?**
- Weigh the dental risks of too little fluoride (cavities) and too much fluoride (fluorosis).
  - Consider having your own tap water tested.
  - Evaluate all possible sources of fluoride intake, such as drinking water systems, dietary supplements, professional dental treatments, toothpaste and other over-the-counter treatments.
  - Patient exposure to multiple water supplies and other fluoride sources can make proper prescribing complex (so consult your physician or dentist!).
  - Fluoride supplements must be taken daily and consistently over the long-term to be effective.

**What if I do not want fluoridated water?**

Individual customers may choose to purchase and install a treatment device to remove the fluoride provided to their entire house (point of entry) or from a single sink (point of use). You may also consider bottled water. Bottled water is subject to FDA standards, which permit fluoride within certain levels without labeling on the bottle (unless it is added during manufacturing). You should verify fluoride concentrations with your product’s manufacturer.

**Why does Everett fluoridate their water but Arlington does not?**

The City of Everett voted to fluoridate their water in 1992. The public has not expressed support for fluoridation in Arlington to an extent sufficient to warrant a vote.

**Approximately 63% of Washington residents drink fluoridated water**

**Who can I contact for more information?**

At the City of Arlington, contact:  
Mike Wolanek, Water Resources Planner  
360-403-3541  
mwolanek@arlingtonwa.gov

At the Snohomish Health District, contact:  
Lee Ann Cooper, Oral Health Program  
425-339-5230  
lcooper@shd.snohomish.wa.gov

*Internet Sites with Additional Information*

American Dental Association  
<http://www.ada.org/fluoride.aspx>

Centers for Disease Control  
<http://www.cdc.gov/nohss/FSMain.htm>

FluorideWorks!  
<http://www.fluorideworks.org>

American College of Preventive Medicine  
<http://www.acpm.org/cpsoralhealth.htm>

American Academy of Pediatrics  
<http://www.aap.org/sections/peddentist/default.cfm>

Snohomish Health District Oral Health Program  
[http://www.snohd.org/Shd\\_CH/](http://www.snohd.org/Shd_CH/)

**City of Arlington Water Department**

Utilities Division, Public Works Dept. 154 W. Cox Avenue Arlington, WA 98223	Phone: 360-403-3526 Fax:360-435-7944 Internet: <a href="http://www.arlingtonwa.gov">www.arlingtonwa.gov</a>
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# Fluoride Fact Sheet

**City of Arlington Water Department**

Providing the City of Arlington with ample supplies of high quality water at affordable rates



## About Fluoride in Drinking Water?

Fluoride is considered beneficial by the overwhelming majority of health providers for the prevention of tooth decay. Fluoridation of water supplies has been practiced since 1945 as one means of providing fluoride. Of the U.S. population served public water, 72.4% have access to optimally fluoridated water. Children that consume too much fluoride during tooth development are subject to enamel fluorosis, a primarily cosmetic condition appearing as mottled white to brown marks on the surface of the teeth. Water supplies are closely monitored to meet regulations which maintain fluoride levels below the amount that generates fluorosis.

## This information applies to every citizen whose tap water is provided by the City of Arlington

Generally, you drink water supplied by the City of Arlington if you (or your landlord, school, or employer) receives a City of Arlington water bill. The Smokey Point area within Arlington City Limits is served by the City of Marysville.

## Where does our water come from?

From three sources. **1)** About 60% of our water is obtained from groundwater under Haller Park that is directly influenced by the Stillaguamish River. **2)** The City purchases about 1/3 of its water from the Snohomish County PUD, which is itself a customer of the City of Everett, whose source is the Spada Reservoir on the Sultan River. **3)** A deep well near the Arlington Airport provides the remainder of our water.

## Is there fluoride in the water?

It varies by location. Although fluoride is the 13th most abundant element in the earth’s crust, little or no fluoride (the ionic form of fluorine) exists in the ground water tapped by the City’s wells (only about 5% of Washington residents receive naturally fluoridated water). The City does not fluoridate (add fluoride to) its water supplies during the treatment process.



City of Arlington Water Department staff testing a water sample for fluoride

However, the City of Everett does fluoridate its supplies to a concentration of about 1 mg/L. Water purchased from the PUD typically has about 0.8 mg/L of fluoride before it is blended with the groundwater within the City’s distribution system. The concentration of fluoride in water delivered to our customers varies based on mixing patterns within the water mains. Water served by the City of Marysville to the Smokey Point area is also not fluoridated.

## Can I tell by taste or smell how much fluoride is in my tap water?

No. Fluoride is odorless and not noticeable to taste.

## How much fluoride is in the water we drink?

This depends on location. Weekly samples have been collected at numerous locations around the City since February 2003. Fluoride levels have ranged from non-detectable (near zero) to 1.04 mg/L depending on the sample location. Dentists and physicians typically compare tap water concentrations to benchmark levels of 0.3 and 0.6 mg/L when making decisions about whether to prescribe supplemental fluoride treatments and dosage rates for children.

## If the fluoride levels are so highly variable, how can I know what they mean for my family?

Review the map inside this flyer and find the 2 or 3 locations where your children are most likely to drink tap water or drinks made with tap water. Note which of three zones representing average fluoride concentrations exist at those locations. Then consult the inset table for ADA-recommended guidelines for fluoride supplements for children in your child’s age class. However, do ***not*** act on this information without consulting your dentist or physician.





How to Use This Map

Find your home, school, and/or work where you or your children are most likely to drink tap water or drinks made with tap water. Note whether the tap water has full fluoride (green), moderate fluoride (yellow), or low fluoride (red). Consult the table below for ADA-recommended guidelines for fluoride supplements by age class. Then discuss your findings with your dentist or physician. Do not act on this information without consulting your medical provider.

-  Schools
-  Registered Daycare
-  City Limits

Zone Fluoride Conc. in (ppm)	Rec Daily Supplemental Dosage(mg/day)		
	6 mon - 3yrs	3-6yrs	6-16yrs
Full (>0.6)	None	None	None
Mod (0.3 - 0.6)	None	0.25	0.5
Low (<0.3)	0.25	0.5	1
Within Arlington City limits but served by Marysville			
Blank Photo = Currently Not served by City of Arlington			

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